



Senior Connection

Activities for Mocksville & Farmington Sites

July, August, September 2016

Senior Center Month



September is Senior Center Month and we are celebrating all month long. We will have a raffle during the month for a Wal-Mart gift card. This year we are especially excited to host the 1st Annual Ms. Senior Davie County Pageant. We will wrap up a fun-filled month with this pageant and hope to have many contestants, as well as have the entire community attend the event. For more details see page 7.

Many businesses have sponsored Senior Center Month in order to help make all the fun possible. Throughout the month of September a board will be on display with the names of all the sponsoring businesses. Be sure to support our sponsors and thank them for helping Senior Services.

New Friday Hours Starting July 1st

Beginning July 1st our Mocksville site will close at 4:30pm on Fridays.

Regular hours will be

Monday - Thursday -

8:00am - 8:00pm

Friday - 8:00am - 4:30pm

Saturday - 9:00am - 1:00pm

Sunday - Closed

Senior Games Will Still Be Strong in 2017

We are excited to announce that as of July 1, the County will be providing Senior Games & SilverArts. We hope to build upon the excellent program that was previously provided in partnership with the Mocksville/Davie Recreation Department. It is our hope to expand some of the programs into year-long opportunities for older adults in our community. We look forward to hearing from previous and future participants regarding new opportunities that you would like to see. Please let us know any suggestions you have regarding Senior Games & SilverArts.

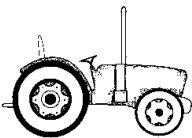
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JULY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located in the Bobby H. Knight Senior Services Building at 278 Meroney Street.

**Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 4:30pm, Saturday - 9:00am - 1:00pm.
Phone Number is 336-753-6230.**



PEOPLE BINGO AT THE TRACTOR SHOW & PARADE
Friday, July 1st - 5pm - 9pm -
Masonic Picnic Grounds
Cost - Free

Stop by our booth at the Tractor Show on Friday for some fun games of People Bingo. There will be prizes and fun for all ages. For more details on the Tractor Show, please call Piedmont Power Association president. Call for name and number.

BLOOD PRESSURE SCREENINGS

Tuesday, July 5th -10:45am - Multipurpose Room A
See all the details on pg. 15.

ICE CREAM SOCIAL

Thursday, July 7th - 2:00pm - Multipurpose Room B
RSVP by June 29



We will have ice cream with all the fixings as well as some fun entertainment. Open to adults 55 and older and exceptions under the general participation policy.

ASK THE DOCTOR

Monday, July 11th - 10:45 - 11:15am - Multipurpose Room A
Speaker: Dr. George Kimberly
See all the details on pg. 15.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, July 12th - 1:00pm - Multipurpose Room B
Register no later than July 5.
See all the details on pg. 16.

SCRAPBOOKING

Tuesday, July 12th - 2:00pm - Classroom B
Register no later than July 5.
See all the details on pg. 9.

ALZHEIMER'S SUPPORT GROUP

Tuesday, July 12th - 6:30pm - Classroom B
Register no later than July 8
See all the details on pg. 20.

JULY SPECIAL EVENTS - MOCKSVILLE SITE

VETERAN'S SOCIAL

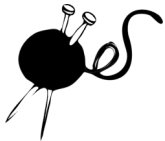
Thursday, July 14th - 10:30am -

Multipurpose Room B

Speaker: General Mike Combest, Mayor Pro Tem of Village of Clemmons

Register no later than July 7

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***



SHARING & CARING

Thursday, July 14th - 1:00 -

3:00pm - Multipurpose Room B

See all the details on pg. 9.

MONTHLY MOVIE

Monday, July 18th - 1:00pm - Multipurpose Rooms A & B

Register no later than July 11

MPLC license No: 504019703

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

WINE BOTTLE TIKI TORCH CRAFT

Tuesday, July 19th - 1:00pm -

Multipurpose Room B

Instructor: Sharon Allard, Events

Coordinator

Cost: \$5.00

Register no later than July 12

Just in time to keep those summer mosquitoes away, we will make our own tiki torches. Bring in your own wine bottle (or let us know if we need to get one for you). We will show you how to transform it into a tiki torch. We will

have several embellishments from which you can choose to decorate it & make it your own. You will add your own citronella at home. Open to adults 55 and older & exceptions under the general participation policy.

SENIOR BOOK CLUB

Tuesday, July 19th - 1:30 - 3:00pm -

Classroom A

Register no later than July 12

See at the details on pg. 16.

SOCIAL DANCING

Wednesday, July 20th - 6:00pm -

Multipurpose Room A

See all the details on pg. 12.



LIVING TO 100

Tuesday, July 26th - 10:45am -

Multipurpose Room A

Speaker: Dr. Jason Barker, Stagecoach Family Chiropractic

Register no later than July 19

Dr. Barker will share some secrets to living long with quality. He will share tips on how to keep your brain strong, maybe stop the need for some medications and look and feel younger. Open to adults of all ages - no children, please.

THEATRE CLUB

Tuesday, July 26th - 1:00pm - Classroom B

See all the details on pg. 17.

SHARING & CARING

Thursday, July 28th - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 9.



AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

ASK THE DOCTOR

Monday, August 1st - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

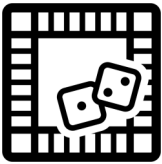
See all the details on pg. 15.

BLOOD PRESSURE SCREENINGS

Tuesday, August 2nd - 10:45am -

Multipurpose Room A

See all the details on pg. 15.



GAMES WITH YOUR GRANDCHILDREN

Thursday, August 4th - 2:00pm -

Multipurpose Rooms A & B

Register no later than July 27

It won't be long before the grandkids are back in school. Take advantage of the last days of summer break with an afternoon of games and fun. We will play a few different games and have some snacks as well. You may bring any number of guests you want, but all children must be accompanied by an adult. Older adults are welcome without grandchildren as well.

BOWLING LUNCH

Monday, August 8th - 12:30pm -

Multipurpose Room B

RSVP by Aug. 1

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last season's winners. If you are not able to make the lunch, but want to bowl, call & let us know. Open to adults 55 & older and exceptions under the general participation policy.

EAT SMART, LIVE STRONG

Tuesdays, August 9th - 30th -

10:45am - MP Room A

Register no later than Aug. 2

We all know that eating well and exercising are important for a healthy life. But sometimes there are barriers that prevent us from doing so. This program will provide helpful information and guidance to help motivate you to stay healthy. Ideally participants would



attend all 4 sessions, but if you must miss a week or two, don't let that stop you. It is open to adults 55 and older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, August 9th - 1:00pm -

Multipurpose Room B

Register no later than Aug. 2

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, August 9th - 2:00pm - Classroom B

Register no later than Aug. 2

See all the details on pg. 9.

ALZHEIMER'S SUPPORT GROUP

Tuesday, August 9th - 6:30pm - Classroom B

Register no later than Aug. 5

See all the details on pg. 20.

BEACH PARTY

Friday, August 12th - 2:00pm -

Multipurpose Rooms A & B

Register no later than Aug. 5

Nothing is more relaxing than a day at the beach. We will bring the beach to you at this fun party. We will have beach music and a shag demonstration as well as some great refreshments. Open to adults 55 and older and exceptions under the general participation policy.



MONTHLY MOVIE

Monday, August 15th - 1:00pm -

Multipurpose Rooms A & B

Register no later than Aug. 8

MPLC license No: 504019703

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

AUG/SEPT SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR BOOK CLUB

**Tuesday, August 16th - 1:30 - 3:00pm -
Classroom A**

Register no later than Aug. 9

See at the details on pg. 16.

SOCIAL DANCING

**Wednesday, August 17th - 6:00pm -
Multipurpose Room B**

See all the details on pg. 12.



WELCOME TO MEDICARE LUNCHEON

**Thursday, August 18th - 10am -
12pm - Multipurpose Room B**

Speaker: Kim Shuskey, Director

RSVP by Aug. 11

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. We will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light lunch will be served following the program.

THEATRE CLUB

**Tuesday, August 23rd - 1:00pm -
Classroom B**

See all the details on pg. 17.

SHARING & CARING

**Thursday, August 25th - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 9.

MEET & GREET FOR MS. SENIOR DAVIE COUNTY PAGEANT



**Thursday, August 25th - 2:00pm -
Multipurpose Room B**

Register no later than Aug. 18

All ladies who are thinking of participating in the Ms. Senior Davie County pageant are invited to this Meet & Greet session. You will learn more information about the pageant,

meet other contestants, and get some tips and advice from a previous Ms. Senior NC winner. See more details about the Ms. Senior Davie County Pageant on pg. 7. Open to Davie County ladies aged 60 and up.

DINNER & A MOVIE

**Tuesday, August 30th - 5:30pm -
Multipurpose Rooms A & B**

Register no later than Aug. 23

MPLC license No: 504019703

Enjoy dinner and stay for a great movie. To learn the title, call Senior Services on or after August 19. This event is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



SENIOR CENTER MONTH BEGINS

RAFFLE ALL MONTH LONG!!

SENIOR EXPO

**Friday, September 2nd - Time & Location To
Be Announced after July 1**

Plans are underway for an expo featuring businesses and organizations offering products and services for older adults. There will be door prizes and giveaways. We hope to have entertainment by the 82nd Airborne Division Chorus (tentative confirmation at the time of printing). Open to the community of all ages. More information will be available in July.

BLOOD PRESSURE SCREENINGS

**Tuesday, September 6th - 10:45am -
Multipurpose Room A**

See all the details on pg. 15.

SHARING & CARING

**Thursday, September 8th - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 9.

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE



SATURDAY MORNING BREAKFAST

**Saturday, September 10th -
9:30am - Multipurpose
Rooms A & B**

Register no later than Sept. 2

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be a guest of someone 55 or older.

ASK THE DOCTOR

**Monday, September 12th - 10:45 - 11:15am -
Multipurpose Room A**

Speaker: Dr. George Kimberly

See all the details on pg. 15.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

**Tuesday, September 13th - 1pm -
Multipurpose Room B**

Register no later than Sept. 6

See all the details on pg. 16.

SCRAPBOOKING

**Tuesday, September 13th - 2:00pm -
Classroom B**

Register no later than Sept. 6

See all the details on pg. 9.

WATER AEROBICS CLASS

**Tuesdays, September 13th - October 18th-
2:30pm - 3:30pm - Davie Family YMCA
Registration starts July 1**

See details on page 14.

ALZHEIMER'S SUPPORT GROUP

**Tuesday, September 13th - 6:30pm -
Classroom B**

Register no later than Sept. 9

See all the details on pg. 20.

BINGO

**Friday, September 16th -
1:00pm - MP Room B**

Sponsor: Bermuda Commons

Register no later than Sept. 9

Come out for some fun games of Bingo!
Refreshments will be served. Open to adults



55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

MONTHLY MOVIE

**Monday, September 19th - 1:00pm -
Multipurpose Rooms A & B**

Register no later than Sept. 12

MPLC license No: 504019703

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*



SENIOR LUNCH

**Tuesday, September 20th -
11:30am - Multipurpose Room B
Entertainment: Dogwood
Blossoms**

Register no later than Sept. 13

Our Senior Lunch will feature great musical entertainment by the Dogwood Blossoms. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**

SENIOR BOOK CLUB

**Tuesday, September 20th - 1:30 - 3:00pm -
Classroom A**

Register no later than Sept. 13

See at the details on pg. 16.

SOCIAL DANCING

**Wednesday, September 21st - 6:00pm -
Multipurpose Room B**

See all the details on pg. 12.

SHARING & CARING

**Thursday, September 22nd - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 9.

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE

MARIE'S "KICK THE BUCKET" BOOK

**Tuesday, September 27th - 10:45am -
MP Room A**

Instructor: Marie Roth

RSVP by Sept. 20

If something happened to you would your family know where to find your important documents? Do they know about all your accounts, life insurance policies and often overlooked things such as passwords, etc.? Marie will share a simple design with you that she has used and shared with members of her family. Open to adults 55 & older and exceptions under the general participation policy.



THEATRE CLUB

**Tuesday, September 27th -
1:00pm - Classroom B**

See all the details on pg. 17.



MS. SENIOR DAVIE COUNTY PAGEANT

**Thursday, September 29th - 6:30pm -
Multipurpose Rooms A & B**

**A time of socialization & refreshments will precede the pageant from 5:45 - 6:30pm
Admission by ticket only. Free tickets available for pick up after Aug. 1st.**

The entire community is invited to come out to this pageant to watch the ladies compete for the title of Ms. Senior Davie County. Admission to the event will be by ticket only. Free tickets will be available for pick up after Aug. 1st. For those interested in being a contestant, please see information in the next column.



INFORMATION ABOUT THE MS. SENIOR DAVIE COUNTY PAGEANT

What is the Pageant?

The Ms. Senior Davie County Pageant is an opportunity for the senior woman to showcase her inner beauty, style, poise and talent. This pageant will feature three areas of competition - evening gown, talent and statement of beliefs.

Requirements to Participate:

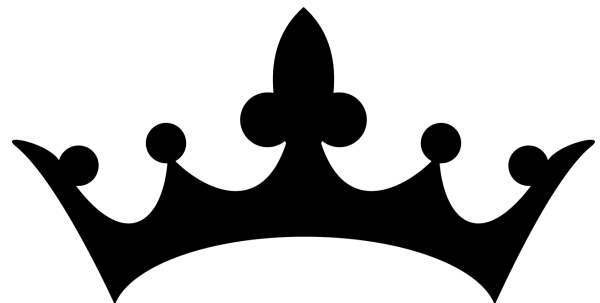
In order to participate, the contestant must be:

- 60 years of age or older by Sept. 1, 2016
 - A resident of Davie County
- Be able to attend both rehearsals - Sept. 15 & Sept. 22 from 2:00 - 3:00pm
- Be able to attend the pageant on Sept. 29 at 6:30pm

Duties of the Queen:

The pageant winner will represent Davie County Senior Services and the county as a whole in a variety of special events throughout her reigning year. She will also attend next year's pageant to help crown Ms. Senior Davie County 2017.

A Meet & Greet for all potential contestants will be held Aug. 25 at 2:00. Applications are available at Senior Services. Due date for applications is Sept. 1.



SPECIAL ANNOUNCEMENTS



OPERATION FAN/HEAT RELIEF PROGRAM

To help beat the heat this summer Davie County Senior Services is offering free fans to those 60 & older (or under 60 with documented disability). To receive a fan you must not have air conditioning in your home (or in a part of your home where you spend a frequent amount of time). Fans are provided through a grant from the Duke Energy Foundation. Senior Services will also accept donations of new fans to help extend this program further.

NEW ALZHEIMERS / CAREGIVER RESOURCES AVAILABLE FOR LOAN

Through money from our Endowment program, we have purchased 12 new DVDs from Teepa Snow. Ms. Snow is one of America's leading educators on dementia. These dvds cover a variety of topics. They can be borrowed and watched at home at your convenience.

You can also schedule a time to watch them here at Senior Services if that is better for you.

These DVDs complement other books and videos that we have available for loan.

For more information, contact Kelly Sloan, Services Coordinator at Senior Services.

REMINDER ABOUT CHILDREN AT SENIOR SERVICES



Summertime often means keeping the grandchildren who are out of school. Please remember that Senior Services is designed for those 55 and older. According to our participation policies, children should not be brought to activities or events unless the information about the event specifically says it is allowed. Children may not sit in on exercise or other classes and should not be left unattended in the lobby. Thank you for your cooperation!

SPECIAL SHIP INFORMATION

THE ROAD TO MEDICARE

Much like you anticipated turning 16 and getting your driver's license, you must anticipate and plan for becoming a Medicare beneficiary. Start now and let the Department of Insurance's SHIP (Seniors' Health Insurance Information Program) help you. SHIP provides free, unbiased information about Medicare and other insurance-related issues, and there are SHIP sites in all 100 counties in North Carolina. It is recommended that you review your Medicare options before you need to enroll so that you don't make any hurried decisions at the last minute. Your Medicare choices will depend on several factors including:

1. Are you retired or will you or your spouse continue to work?
2. Will you have access to medical and/or prescription drug coverage through an Employer Group Health Plan?
3. How does your Employer Group Health Plan compare with Medicare supplement plans and Medicare Advantage plans?

Of course there are other things to consider when determining your Medicare options. SHIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare," call SHIP at 1-855-408-1212, visit SHIP's Web site at www.ncshiip.com, or request a copy at Davie County Senior Services. You can also meet with a certified SHIP Volunteer Counselor at Senior Services to discuss your Medicare options. To arrange an appointment with a SHIP Volunteer Counselor, contact Senior Services. Don't wait to make your Medicare decisions — you can start the process before your 65th birthday. Let SHIP help you understand your options and get you on the road to Medicare.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Arts & Crafts

QUILTING

Mondays - 10:00am - 12:00pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

DAVIE COUNTY QUILT GUILD

3rd Monday of each month at 6:30pm - (July 18, August 15, September 19) - Multipurpose Rooms A & B

President: Brenda Hanes

Membership Dues: \$20.00 per year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00pm - MP Room B

Instructor: Annette Ratledge

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm
Classroom B - (July 12, August 9, September 13)**

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

WOODCARVING

Wednesdays - 9:00 - 11:00am - Classrooms A & B

Facilitator - Tim Trudgeon

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP

**2nd & 4th Thursdays of each month -
1:00 - 3:00pm - Classroom B**

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together, making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Justin Edwards

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

**Register by: No later than 1 week prior to
1st day of class (Note - classes
fill quickly, so you may want to
register early)**

Class Size: Limited to 10 students

ONGOING ACTIVITIES - MOCKSVILLE SITE

BASICS OF INTERNET

This class will expand on the basics of the Internet that were touched on in Introduction to Computers: Intermediate. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files. We will also discuss social networking, blogs, podcasts, RSS feeds, and other common Internet topics. ***This class is 4 days and is intended for students who have a basic understanding of computers such as material taught in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- July 11, 12, 13 & 14 (Mon., Tues., Wed., & Thurs.) - 1:00 - 2:30pm - Media Room

GOOGLE SITES

This class is suitable for those who want to know how to create a personal or small business website. Google Sites is an easy-to-use, drag and drop, what you see is what you get, type website builder that will allow you to post your own personal content to the web free of charge. ***This is a 4 day class and is intended for those with mouse/keyboard skills as well as skills learned in Introduction to Computers (PC): Intermediate. An active Google account is required.***

Upcoming Session:

- July 11, 12, 13, & 14 (Mon., Tues, Wed., & Thurs.) - 3:00 - 4:30pm - Media Room

CAMERAS, PRINTERS & OTHER DEVICES

This class will discuss how to install & review the basic use of the following devices: printers, scanners, digital cameras & digital camcorders. You'll learn what you need to know when purchasing the devices, discuss pros/cons & some features of each device, & how to find out more information about devices from the internet. ***This class is 4 days and is intended for students who have a basic understanding of computers as well as skills learned in Introduction to Computers: Intermediate.***

Upcoming Session:

- July 18, 19, 20 & 21 - (Mon., Tues., Wed., & Thurs.) - 1:00 - 2:30pm - Media Room

MOVIE MAKER: BEGINNERS

This class is designed as a walk-through for how to create your own DVD movie using still images or video from your camera or other device. It will focus on importing content, making changes to the content, creating a content menu, and more. This is a great alternative to PowerPoint slideshows as they are able to be played directly from your DVD player. ***This class is 4 days and is intended for those who have a basic understanding of computers such as those skills learned in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- July 18, 19, 20 & 21 - (Mon., Tues., Wed., & Thurs.) - 3:00 - 4:30pm - Media Room

SOCIAL MEDIA: BEGINNERS

If you are not sure what Social Networking is then this introduction class is for you. We will discuss what all the hype is about and how it can benefit you. This class will be discussing the different types of social networking. We will be signing up for Facebook in the second part of the class. It is a very hands-on class and will include communicating with individuals inside the class. ***This class is 4 days and is intended for students who have a basic understanding of computers such as those skills learned in Introduction to Computers (PC): Intermediate. Mouse and keyboard skills are required.***

Upcoming Session:

- July 25, 26, 27 & 28 - (Mon, Tues., Wed., Thurs.) - 1:00 - 2:30pm - Media Room

MICROSOFT WORD: BEGINNERS

This class covers introductory Microsoft Word skills. Topics introduced include the Ribbon interface, working with text, creating letters, templates, printing documents, creating bulleted and numbered lists. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- Aug. 1, 2, 3 & 4 (Mon, Tues., Wed., Thurs.) - 9:00 - 10:30am - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

ANDROID: INTERMEDIATE

This is a follow-up class to Android Phones and/or Android Tablets class. We will talk about more advanced options of both phone and tablets discussing customizing and troubleshooting issues with your devices. ***This class is 4 days and requires Android Phones: Beginners or Android Tablet: Beginners.***

Upcoming Session:

- Aug. 1, 2, 3 & 4 (Mon, Tues., Wed., Thurs.) - 11:00am - 12:30pm - Media Room

SIDE-BUSINESS: BEGINNERS

This class is designed for those individuals who have a hobby, craft, or other skill for which they would like to use technology to help them market. The class will cover such things as creating a website, email, calendar, and separate phone line for managing all of this with little to no cost utilizing Google Business Apps. ***This class is 4 days and is intended for those with mouse and keyboard skills, as well as those skills learned in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- Aug. 8, 9, 10 & 11 (Mon, Tues., Wed., Thurs.) - 9:00 - 10:30am - Media Room

WINDOWS 10: NEW FEATURES

This is a short session that will go over the new features of Windows 10 and discuss why you may want to upgrade. We will discuss the pros and cons of Windows 10 so you can make an informed decision before you upgrade or buy a new computer. ***This is a 1 hour session & is intended for those with mouse and keyboard skills, as well as those skills learned in Introduction to Computers (PC): Intermediate.***

Upcoming Sessions:

- Aug. 8 (Mon.) - 12:00 - 1:00pm - Media Room
- Aug. 10 (Wed.) - 12:00 - 1:00pm - Media Room

MICROSOFT WORD: INTERMEDIATE

This class picks up from the **Microsoft Word - Beginners** class and covers intermediate Microsoft Word skills. Topics introduced include WordArt and clip art, document themes, styles, picture editing, Mail Merge, headers and footers, and tables. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers (PC): Intermediate and Microsoft Word - Beginners.***

Upcoming Session:

- Aug. 15, 16, 17 & 18 (Mon, Tues., Wed., Thurs.) - 9:00 - 10:30am - Media Room

IPHONE/ IPAD: INTERMEDIATE

This is a follow-up class to iPhone and/or iPad class. We will talk about more advanced options of both phone and tablet, discussing customizing and troubleshooting issues with your devices. ***This class is 4 days and requires iPhone: Beginners or iPad: Beginners.***

Upcoming Session:

- Aug. 15, 16, 17 & 18 (Mon, Tues., Wed., Thurs.) - 11:00am - 12:30pm - Media Room

INTRODUCTION TO COMPUTERS(PC): BEGINNERS

This class is for those of you who have never used a Windows-based computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. ***This class is 4 days and has no prerequisites.***

Upcoming Session:

- Sept. 12, 13, 14 & 15 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm Media Room

BASICS OF FILE MANAGEMENT

You'll learn how to save files in several formats (what if the person you are sending a document to only has WordPerfect and not Word), how to save to several devices, make folders & rename them, search for those files that are somewhere on your computer, how to copy or move files for back up or deletion, compress (zip) your files, search for files on your computer, and create a

ONGOING ACTIVITIES - MOCKSVILLE SITE

backup of important files. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills taught in Introduction to Computers (PC) - Intermediate.***

Upcoming Session:

- Sept. 12, 13, 14 & 15 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm Media Room

INTRODUCTION TO COMPUTERS (PC): INTERMEDIATE

This class is suitable for those who have very little knowledge of computers, but **do know** how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. We will also spend time going over the operating system (Windows), file management, and other basic functions of navigating the computer. ***This is a 4 day class and is intended for those with mouse/keyboard skills and skills learned in Introduction to Computers (PC): Beginners.***

Upcoming Session:

- Sept. 19, 20, 21 & 22 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

BASICS OF EMAIL

This class will discuss how to communicate electronically. You will learn the proper way to send an email and to include attachments. You will learn how to send / receive emails, set up your address book, design an email signature, and manage spam. You will need your login name and password. We will be using Google Mail (Gmail) for this class. If you do not have a Google account please come 15 minutes prior to class so that we can set one up for you.

This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers (PC) : Intermediate.

Upcoming Session:

- Sept. 19, 20, 21 & 22 (Mon, Tues., Wed., Thurs.) - 6:00 - 7:30pm - Media Room

TROUBLESHOOTING YOUR COMPUTER

We'll review basic troubleshooting techniques to check when you are experiencing computer issues. We will look at steps to take for basic problem-solving, how to document the issue, and steps to help you talk with a technician should the issue require it for resolution.

This class is 4 days and is intended for students who have a basic understanding of computers as well as skills learned in Introduction to Computers (PC) : Intermediate.

Upcoming Session:

- Sept. 26, 27, 28 & 29 (Mon, Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room



Dance

LINE DANCING LEVEL 1

Tuesdays & Thursdays - 8:45 - 9:45am - Exercise Classroom

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 & older & exceptions under the general participation policy.

LINE DANCING LEVEL 2

Mondays, Wednesdays & Fridays - 9:45 - 10:45am - Exercise Classroom

For those who have the basics down, we will learn more complex dances. Individual instruction cannot be provided to learn dances that have already been taught to the group. Please attend Line Dancing 1 for those basic dances. Open to adults 55 & older and exceptions under the general participation policy.

SOCIAL DANCING

3rd Wednesday of the month - 6:00pm - MP Room B (July 20, Aug. 17, Sept. 21)

If you enjoy dancing, come join this fun group. A group of dancers get together every 3rd Wednesday night to practice social dancing. There is no instruction provided. You will need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|--------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Puzzles |
| * Checkers | * Scales |
| * Chess | * Shredder |
| * Computer Lab | * Videos |
| * Fitness Room | * Wii |
| * Magazines | |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



BOWLING LEAGUE

Mondays - 8:30am - depart from Recreation Department

Cost: \$6.25 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Sharon Allard, Events Coordinator

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Sharon Allard, Events Coordinator

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

YOGA FOR SENIORS

Mondays & Wednesdays -

July 11 - September 28 - Exercise Room

Instructor: Kim Crawford

4 CLASSES TO CHOOSE FROM:

11:00am - 12:00pm

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins June 15 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

AFTER FIVE FITNESS

Mondays & Wednesdays - 6:00 - 7:00pm - Exercise Room

Instructor: June Hyland

Cost: No charge

This class will follow similar lines to the Silver Health and Morning Wake Up programs. Classes will start with resistance training with hand weights and bands to tone the core muscles, move to a period of aerobic exercise to build up cardio fitness, and end with a cool down of stretching exercise to maintain flexibility. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

WATER AEROBICS CLASS

Tuesdays, September 13 - October 18 - 2:30pm - 3:30pm - Registration starts July 1

Location: Davie Family YMCA

Cost: \$10 for a 6 week class

Minimum number required to have each class is 12. Maximum number is 20.

We are excited to be able to offer Water Aerobics classes at the Davie Family YMCA. These classes meet every Tuesday for 6 weeks and are led by a YMCA certified instructor.

Senior Services will cover the remainder of the cost of this class. You will pay the YMCA directly for your portion of the cost. You must pre-register through Senior Services, not the YMCA. **Open to adults 55 and older only who are not YMCA members.**

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm (effective July 1)

Saturday - 9:00am - 1:00pm

Cost: No charge (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**

PERSONAL TRAINING

YMCA staff members will come to Senior Services to offer personal training on the machines in our Fitness Room as well as other personal training tips. The YMCA is offering our participants member pricing for this service. You must call the YMCA directly to set up an appointment for this service and pay them directly. Contact person at the YMCA is Lee Jarvis, Healthy Living Manager. Their number is 336-751-9622.

Cost is:

- \$30.00 - 30 minute session
- \$175.00 - 8 sessions package (30 minutes each)
- \$345.00 - 16 session package (30 minutes each)
- \$500.00 - 24 session package (30 minutes each)



ONGOING ACTIVITIES - MOCKSVILLE SITE



Games

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- * Golf
- * Tennis
- * Boxing
- * Baseball
- * Ping Pong
- * Mario Kart
- * Fishing
- * Shooting Range
- * Billiards
- * Big Brain Academy
- * Many, many more

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Wednesdays - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Wednesdays - 1:30 - 5:00pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy.

Alternates may be under age 55.

TEXAS HOLD 'EM

Thursdays - 1:00pm - Classroom A

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (July 11 - note change of date due to Holiday, Aug. 1, Sept. 12 - note change of date due to Holiday)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (July 5, Aug. 2, Sept. 6)

A trained professional will take your blood pressure at no charge.

ONGOING ACTIVITIES - MOCKSVILLE SITE

GOT PLANS? ADVANCE CARE PLANNING

2nd Tuesday of each month - 1:00 pm -
Multipurpose Room B - (July 12, Aug. 9,
Sept. 13)

Facilitator: Representative from Hospice &
Palliative Care

Cost: No Charge - Picture ID required

RSVP by Friday before each seminar

We plan for college, marriage, a baby and
retirement, but we don't prepare for the end
of life. Let's change that! It's simple.

Representatives will be on hand to take care of
everything you need to complete your advance
directives. Be sure your wishes are honored by
taking a few minutes now to complete these
important documents. For more information you
can go to www.gotplansnc.org.



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 1:30 - 3:00pm -
Classroom A

July 19 - "The Education of Little Tree" by
Forest Carter

Aug. 16 - "Flame Trees of Thika" by
Elizabeth Huxley

Sept. 20 - "The Heart is a Lonely Hunter" by
Carson McCullers

Leader: Genny Hinkle

At each meeting you will discuss the book that
was read the month before & receive the new
book to read. Books are provided at no charge.

You must turn in your book on or before the
meeting date so we can continue to get the
books at no charge. Co-sponsored by the
Davie County Public Library. Open to adults
55 & older and exceptions under the general
participation policy.

LIBRARY

We accept donations of recently published
books in good condition. These may be
checked out at the front desk. Because of
space constraints, please limit donations to
hardcover, recent publications (within the past 5
years). We will donate any books we cannot
use to another organization.



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am - MP Room A

Staff Contact: Ina Beavers, Nutrition
Program Coordinator

Cost: No charge, donations appreciated

Each weekday Senior Services serves a
nutritionally balanced lunch to seniors. Those
60 and older who wish to fill out paperwork can
eat at no charge. Those who are under 60 or
do not wish to fill out paperwork pay \$3.30
effective July 1. A program is offered each day
at 10:45am before lunch. You must call by
noon the day before you plan to eat to order a
meal.



Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm -

MP Rooms A & B - (no mtg. in July, Aug. 1,
Sept. 5)

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why
not join them? Monthly meetings include dinner
and a program. Senior Services is a co-sponsor
of this group. For specific information please
call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -
Classrooms A & B (July 26, Sept. 27)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie
County Commissioners to help Senior Services
plan, set goals and fundraise. If you are
interested in serving, please contact Kim
Shuskey. Meetings are open to the public.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B (July 26, Aug. 23, Sept. 27)

Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.



Financial Support

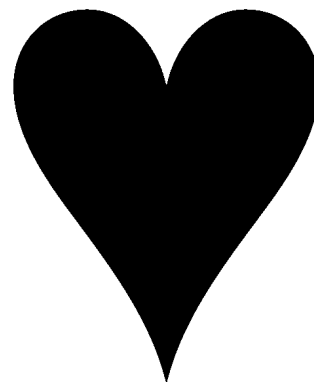
LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or certain securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



OTHER ONGOING PROGRAMS & SERVICES

Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, SERVICES COORDINATOR,
UNLESS INDICATED OTHERWISE.**

BUDDY PROGRAM

**Staff Contact: Mitzi Hunter, Morning
Receptionist**

Cost: No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: No charge

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

DRAGON SPEECH RECOGNITION SOFTWARE

(Available at Mocksville Site)

Staff Contact: Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

ENSURE PROGRAM

Cost: No charge, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



FIDGET APRONS

**Cost: No charge, donations
appreciated**

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

HANDMADE PERSONAL ITEMS

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

OTHER ONGOING PROGRAMS & SERVICES

HOMEBOUND MEALS

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Services Coordinator can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Tracy Veach, Administrative Assistant

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Time: By Appointment only

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

OTHER ONGOING PROGRAMS & SERVICES

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



VIAL OF LIFE

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm - Classroom B - (July 12, Aug. 9, Sept. 13)

Facilitator: Kelly Sloan, Services Coord.

RSVP no later than the Friday before the meeting

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel. All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

JULY 6 - SHADOW SPRING WINERY & SHILOH GENERAL STORE, HAMPTONVILLE, NC

Wednesday, July 6 (NOTICE CHANGE OF DAY) - Departure time 8:30am, Return approximately 3:00pm

LIMITED TO 23 ONLY - NO DRIVERS

Cost: \$5.00 for transportation

\$5.34 - cost of tour

\$10.68 - cost of tasting (optional)

Money for lunch

We will first visit Shiloh Store where we will purchase a "bag" lunch. We will then travel a short distance to the winery where we will eat our "bag" lunches in their dining area. We will learn a little about the winery while we eat

OTHER ONGOING PROGRAMS & SERVICES

overlooking the grapevine fields. After lunch those who choose to taste can do so, and the others can walk outside to view the grapes on the vines. Then we will have a complete tour of the winery, viewing where the wine is made and also an old time still. Sign up starts May 13. Please indicate when you register whether or not you plan to participate in the tasting.

AUGUST 2 – IREDELL MUSEUM, STATESVILLE, NC

Tuesday, August 2 - Departure time 9:00am, Return approximately 2:00pm

Cost: \$5.00 for transportation

\$6.00 for tour

Money for lunch

The museum strives to showcase the work of regional artists, who work in a variety of media and form, through rotating exhibits. The special exhibit this time is "The Mummy Treasure of Al Faiyum". This mummy was acquired from a museum in Upland, PA, where it was on exhibit since the late 1800's. We will stop for lunch along the way. Sign up starts June 16.

SEPTEMBER 6 - DIASTOLE ALPACA FARM, WALKERTOWN, NC

Tuesday, September 6 - Departure time 9:00am, Return approximately 3:00pm

Cost: \$5.00 for transportation

Money for lunch

We will visit this 22 acre farm which is home to 32 alpacas, Orpington hens, and 2 roosters. The farm is owned by Jim and Sandy Morris. We will have lunch at the Seafood Shack in Walkertown. This is an outdoor tour which will require walking, so be sure to wear comfortable clothes and shoes. Sign up starts July 15.

OCTOBER 4 - DIXIE CLASSIC FAIR, WINSON SALEM, NC

Tuesday, October 4 - Departure time 8:30am, Return approximately 3:00pm

Cost: \$5.00 for transportation

Money for lunch

We will return once again to the Fair. This is Senior Day so there is no charge for seniors. Lunch will be on your own at the fair. Sign up starts Aug. 16.



Trips - Extended

MYRTLE BEACH, SC

Monday - Wednesday, Nov. 14 - 16

Prices - Per Person:

\$411.00 - single

\$349.00 - double

\$337.00 - triple

\$326.00 - quad

Trip Leader - Barbara Thornton

We will once again head to the beach for our Holiday trip. Price includes the following:

Monday, November 14:

- Buffet lunch at Webster Manor, Mullins, SC
- "Christmas Wonderland" at Palace Theatre, a delightful and enchanting Christmas show

Tuesday, November 15:

- Breakfast at Hotel
- Delicious Thanksgiving buffet feast at the Hilton - includes all your holiday favorites
- The South's Grandest Christmas Show - Alabama Theatre's award-winning production featuring amazing talent, scenery & special effects
- Shop at Tanger Outlets, Highway 501. For those who do not wish to shop, we will have a movie or some type of video for you to enjoy on the bus.

Wednesday, November 16:

- Breakfast at hotel
- Ripley's Aquarium - an 85,000 square foot aquatic wonderland with educational exhibits, interactive areas and exiting videos. It will also include a behind the scenes tour.
- Lunch at Copper's Restaurant in Conway, SC, featuring their famous fried chicken, turkey and dressing, beef, plus numerous vegetables, a salad bar & dessert bar.

Price also includes hotel accommodations at Caravelle Resort and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Oct. 7. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.

OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors may be able to be compensated if funding permits.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Sharon Allard, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

TELEPHONE REASSURANCE PROGRAM

Contact: Tracy Veach, Administrative Assistant

Volunteers call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.



CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the Farmington Community Center, 1723 Farmington Rd. Hours are Monday - Friday 10:00am - 1:00pm. Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Wednesdays - 10:30am

Get your exercise each Wednesday with your friends.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(July 20, Aug. 17, Sept. 21)

A trained professional will take your blood pressure at no charge.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.30 effective July 1. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events



PATRIOTIC CELEBRATION

Friday, July 8th - 10:30am

Register no later than July 1

Just because the 4th is over doesn't mean we can't be patriotic. We will have refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.

PUZZLE DAY

Monday, July 11th - 10:30am

Register no later than July 5

We will have a variety of fun puzzles for you to try (word puzzles, jigsaw, etc.) Open to adults 55 & older and exceptions under the general participation policy.

LEARN ABOUT A VEGAN/VEGETARIAN DIET

Monday, July 18th - 10:30am

Register no later than July 11

Many people are moving to a vegetarian or vegan lifestyle. Learn the difference between the two & pros and cons of this diet. Open to adults of all ages - no children, please.

CELEBRATE HOT DOG MONTH

Friday, July 29th - 10:30am

Register no later than July 22

July is Hot Dog Month. We will have some snack size hot dogs to munch on & some interesting hot dog facts. Open to adults 55 and older and exceptions under the general participation policy.



CLASSES & ACTIVITIES - FARMINGTON SITE

OLYMPIC TRIVIA

Friday, August 5th - 10:30am

Register no later than July 29

The Summer Olympics starts today in Rio. While we all can't be there, we can have some fun with some interesting Olympic trivia. Open to adults 55 and older and exceptions under the general participation policy.



PANTRY BINGO

Monday, August 8th - 10:30am

Sponsor: Davie Place Residential Care

Register no later than Aug. 1

Win items you can actually use at this event. Open to adults 55 & older and exceptions under the general participation policy.

RELAXATION TECHNIQUES

Monday, August 15th - 10:30am

Register no later than Aug. 8

Today is National Relaxation Day. Learn some quick, easy ways you can relax when the stress is on! Open to adults of all ages - no children, please.

PICNIC FUN

Friday, August 26th - 10:30am

Register no later than Aug. 19

We will have some fun with picnic games and watermelon. If it's too hot we will just have it indoors!! Open to adults 55 & older and exceptions under the general participation policy.



MORE HERBS, LESS SALT

Monday, August 29th - 10:30am

Register no later than Aug. 22

Too much salt is not healthy. Learn some ways to use herbs to flavor your food instead of salt. Open to adults of all ages - no children, please.



SENIOR CENTER MONTH BEGINS

RAFFLE ALL MONTH LONG!!

EAT SMART, LIVE STRONG

Fridays, September 2nd - September 23rd - 10:30am

Register no later than Aug. 26

We all know that eating well and exercising are important for a healthy life. But sometimes there are barriers that prevent us from doing so. This program will provide helpful information and guidance to help motivate you to stay healthy. Ideally participants would attend all 4 sessions, but if you must miss a week or two, don't let that stop you. It is open to adults 55 and older and exceptions under the general participation policy.

CRAFT DAY

Monday, September 12th - 10:30am

Register no later than Sept. 6

Come make a simple, inexpensive craft that you can enjoy during the season. To learn more about the craft, contact Darlene at the Farmington site. Open to adults 55 and older and exceptions under the general participation policy.

IMPORTANCE OF HANDWASHING

Monday, September 19 - 10:30am

Register no later than Sept. 12

Handwashing is one of the most important things you can do to prevent the spread of germs and disease. However, in order to be effective you must do it the right way. Learn more at this seminar. Open to adults of all ages - no children, please.

CLASSES & ACTIVITIES - FARMINGTON SITE

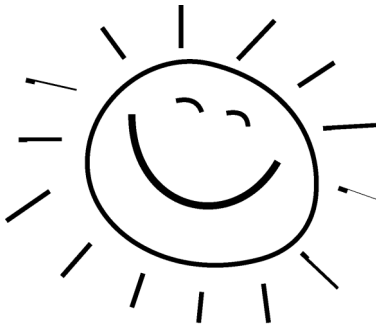


CELEBRATION OF FALL

**Monday, September 26th -
10:30am**

Register no later than Sept. 19

Cooler weather, colorful leaves and football are a few of the reasons we love fall. Come celebrate this season with your friends. Open to adults 55 and older and exceptions under the general participation policy.



The Farmington Site of Senior Services will be closed on the following dates:

July 4 - Independence Day
September 5 - Labor Day

JULY

- July 4 - CLOSED FOR INDEPENDENCE DAY
- July 8 - Patriotic Celebration - 10:30am
- July 11 - Puzzle Day - 10:30am
- July 18 - Learn About a Vegan/Vegetarian Diet - 10:30am
- July 20 - Blood Pressure Screens - 10:30am
- July 29 - Celebrate Hot Dog Month - 10:30am

AUGUST

- Aug. 5 - Olympic Trivia - 10:30am
- Aug. 8 - Pantry Bingo - 10:30am
- Aug. 15 - Relaxation Techniques - 10:30am
- Aug. 17 - Blood Pressure Screens - 10:30am
- Aug. 26 - Picnic Fun - 10:30am
- Aug. 29 - More Herbs, Less Salt - 10:30am

SEPTEMBER

- Sept. 2 - Eat Smart, Live Strong Begins - 10:30am
- Sept. 5 - CLOSED FOR LABOR DAY
- Sept. 12 - Craft Day - 10:30am
- Sept. 19 - Importance of Handwashing - 10:30am
- Sept. 21 - Blood Pressure Screens - 10:30am
- Sept. 26 - Celebration of Fall - 10:30am

Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

JULY



- July 1 - People Bingo - 5:00pm - Tractor Show
- July 2 - 4 - CLOSED FOR INDEPENDENCE DAY
- July 5 - Blood Pressure Screening - 10:45am
- July 6 - Day Trip - Shadow Spring Winery - 8:30am
- July 7 - Ice Cream Social - 2:00pm
- July 11 - Ask the Doctor - 10:45am
- July 11 - New Yoga session starts - 11:00am
- July 11 - New Yoga session starts - 1:00pm
- July 11 - Basics of Internet class starts - 1:00pm
- July 11 - New Yoga session starts - 2:00pm
- July 11 - New Yoga session starts - 3:00pm
- July 11 - Google Sites class starts - 3:00pm
- July 12 - Got Plans? Advance Care Planning Workshop - 1:00pm
- July 12 - Scrapbooking - 2:00pm
- July 12 - Alzheimer's Support Group - 6:30pm
- July 14 - Veteran's Social - 10:30am
- July 14 - Sharing & Caring - 1:00pm
- July 18 - Monthly Movie - 1:00pm
- July 18 - Cameras, Printers & Other Devices class starts - 1:00pm
- July 18 - Movie Maker: Beginner Class starts - 3:00pm
- July 18 - Quilt Guild - 6:30pm
- July 19 - Wine Bottle Tiki Torch Craft - 1:00pm
- July 19 - Senior Book Club - 1:30pm
- July 20 - Social Dancing - 6:00pm
- July 25 - Social Media: Beginners class starts - 1:00pm
- July 26 - Living to 100 - 10:45am
- July 26 - Theatre Club - 1:00pm
- July 26 - Advisory Council - 3:00pm
- July 28 - Sharing & Caring - 1:00pm

AUGUST



- Aug. 1 - Microsoft Word: Beginners class starts - 9:00am
- Aug. 1 - Ask the Doctor - 10:45am
- Aug. 1 - Android: Intermediate class starts - 11:00am
- Aug. 1 - Piedmont Power Assoc. - 7:00pm
- Aug. 2 - Day Trip - Iredell Museum - Depart at 9:00am
- Aug. 2 - Blood Pressure Screenings - 10:45am
- Aug. 4 - Games With Your Grandchildren - 2:00pm
- Aug. 8 - Side-Business: Beginners class starts - 9:00am
- Aug. 8 - Windows 10: New Features class - 12:00pm
- Aug. 8 - Bowling Lunch - 12:30pm
- Aug. 9 - Eat Smart, Live Strong Begins - 10:45am
- Aug. 9 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Aug. 9 - Scrapbooking - 2:00pm
- Aug. 9 - Alzheimer's Support Group - 6:30pm
- Aug. 10 - Windows 10: New Features class - 12:00pm
- Aug. 11 - CLOSE AT 12:00PM FOR MASONIC PICNIC
- Aug. 12 - Beach Party - 2:00pm
- Aug. 15 - Microsoft Word: Intermediate class starts - 9:00am
- Aug. 15 - iPhone/iPad: Intermediate class starts - 11:00am
- Aug. 15 - Monthly Movie - 1:00pm
- Aug. 15 - Quilt Guild - 6:30pm
- Aug. 16 - Senior Book Club - 1:30pm
- Aug. 17 - Social Dancing - 6:00pm

Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

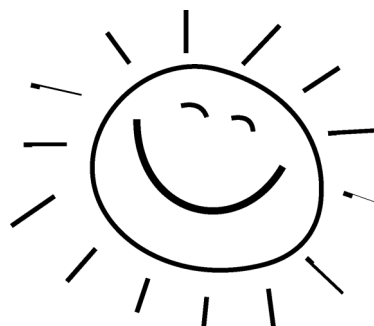
- Aug. 18 - Welcome to Medicare Luncheon - 10:00am
- Aug. 23 - Theatre Club - 1:00pm
- Aug. 25 - Sharing & Caring - 1:00pm
- Aug. 25 - Meet & Greet for Ms. Senior Davie County Pageant - 2:00pm
- Aug. 30 - Dinner & a Movie - 5:30pm



SEPTEMBER

SENIOR CENTER MONTH!!

- Sept. 2 - Senior Expo - Time to be announced
- Sept. 3 - 5 - CLOSED FOR LABOR DAY
- Sept. 5 - Piedmont Power Assoc. - 7:00pm
- Sept. 6 - Day Trip - Diastole Alpaca Farm - Depart at 9:00am
- Sept. 6 - Blood Pressure Screening - 10:45am
- Sept. 8 - Sharing & Caring - 1:00pm
- Sept. 10 - Saturday Morning Breakfast - 9:30am
- Sept. 12 - Ask the Doctor - 10:45am
- Sept. 12 - Introduction to Computers (PC): Beginners class starts - 4:00pm
- Sept. 12 - Basics of File Management class starts - 6:00pm
- Sept. 13 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Sept. 13 - Scrapbooking - 2:00pm
- Sept. 13 - Water Aerobic Class begins - 2:30pm - YMCA
- Sept. 13 - Alzheimer's Support Group - 6:30pm
- Sept. 16 - Bingo - 1:00pm
- Sept. 19 - Monthly Movie - 1:00pm
- Sept. 19 - Introduction to Computers (PC): Intermediate class starts - 4pm
- Sept. 19 - Basics of Email class starts - 6:00pm
- Sept. 19 - Quilt Guild - 6:30pm
- Sept. 20 - Senior Lunch - 11:30am
- Sept. 20 - Senior Book Club - 1:30pm
- Sept. 21 - Social Dancing - 6:00pm
- Sept. 22 - Sharing & Caring - 1:00pm
- Sept. 26 - Troubleshooting Your Computer class starts - 4:00pm
- Sept. 27 - Marie's "Kick the Bucket" Book - 10:45am
- Sept. 27 - Theatre Club - 1:00pm
- Sept. 27 - Advisory Council - 3:00pm
- Sept. 29 - Ms. Senior Davie County Pageant - 6:30pm (social & refreshments begin at 5:45)



The Mocksville Site of Senior Services will be closed on the following dates:

July 2 - 4 - Independence Day
Aug. 11 - Close at 12:00 noon for
Masonic Picnic
September 3 - 5 - Labor Day



278 Meroney Street
Mocksville, NC 27028
336-753-6230

www.daviecountync.gov

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*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.